

Foods for Children Lab

Pizza Bites

(Makes 24 individual pizza's)

You'll need:

1 dozen English Muffins

1 jar pizza sauce

1/2 lb. Mozzarella cheese, grated

- sliced pepperoni or ground beef (cooked),
- sliced mushroom,
- sliced olives,
- green pepper

1. Place English muffin halves on a cookie sheet.
2. Spread each with a spoonful of pizza sauce.
3. Top each with grated cheese.
4. Garnish with mushrooms, pepperoni, ground beef, olives, green pepper, etc.
5. Bake at 500° for 5 minutes or until cheese melts. Serve hot.

Yummy Apple Pizzas

(makes 20)

You'll need:

2 cans of refrigerated biscuits (10 in a can)

2 large apples, peeled and sliced thin

1 cup mild cheddar cheese, grated

1/2 cup firmly packed brown sugar

1/2 tsp. cinnamon

4 tsp. flour

margarine

1. Preheat oven to 350°. **Lightly grease** a baking sheet.
2. In a small bowl, mix together the brown sugar, cinnamon, and flour.
3. Separate the biscuits and place them on the baking sheet. Use your hands to flatten the biscuits.
4. Sprinkle each biscuit with some grated cheddar cheese.

5. Put three apple slices on top of each biscuit.
6. Spoon some of the brown-sugar mixture over the apples: then put a dot of margarine on top.
7. Bake for 25 to 30 minutes. Let the apple pizzas cool before eating.

Deviled Eggs

(makes 24)

You'll need:

1 dozen eggs

1/2 cup salad dressing

2 tsp. prepared mustard

1 tsp. vinegar

paprika

1. Place eggs in a large saucepan. Add enough **cold** water to come 1 inch above the eggs. Bring to boiling over **high** heat. **Reduce** heat so water is just below **simmering**. Cover and cook for 15 minutes; drain.
2. Run **cold** water over the eggs till cool enough to handle; drain.
3. To peel eggs, gently tap each egg on the countertop. Roll the egg between the palms of your hands. Peel off eggshell, starting at the large end.
4. Halve the hard-cooked eggs lengthwise and remove yolks. Place yolks in a bowl; mash with a fork. Add salad dressing, mustard, and vinegar; mix well. If desired, season with salt and pepper. Stuff egg-white halves with yolk mixture. If desired, garnish with paprika.

Oatmeal Crunchies

(makes 4 dozen cookies)

You'll need:

- 1/2 cup margarine or butter
- 1/2 cup milk
- 2 cups sugar
- 1/3 cup cocoa
- 1 tsp. vanilla
- 1/2 tsp. salt
- 3 cup instant oatmeal
- 1 cup coconut

1. In a large saucepan, put 2 cups sugar and 1/3 cup cocoa.
2. Add 1/2 cup milk and 1/2 cup margarine or butter. Cook over **medium** heat for three to five minutes, stirring gently.
3. Add vanilla and salt.
4. Stir in 3 cups oatmeal and 1 cup coconut. Stir until well blended.
5. Drop the mixture by teaspoonfuls onto waxed paper on a jelly roll pan.
6. Let the cookies stand for 30 minutes or until firm.

Easy Baked French Fries

You'll need:

- 8 large potatoes
- 2 tbs. white vinegar
- 1/2 cup margarine
- 1/2 cup vegetable oil

1. Preheat oven to 400°.
2. You can peel the potatoes, or leave the skins on (but wash them really well if you leave the skins on).
3. Cut the potatoes into strips, about 1/4 " thick.
4. Put the potatoes in a bowl. Add the vinegar and enough water

5. cover the potatoes so they don't turn brown.
6. Drain the potatoes.
7. Melt the margarine in the microwave. Add the oil and stir.
8. Pour the oil mixture over the potatoes. Toss until the potatoes are coated.
9. Place the potatoes on a cookie sheet.
10. Bake the potatoes, at 400° for 35 to 40 minutes until golden. Turn them after about 20 minutes of baking.

Ants on a Log

You'll need:

- 1/2 cup creamy peanut butter or 1 (5-oz.) jar pasteurized process cheese spread
- 5 - 6 stalks celery, cut into 2-inch pieces
- raisins

1. Spread heaping teaspoonful of peanut butter or cheese spread into each celery piece. Level off the top with tip of knife.
2. Arrange raisins on each filled celery piece.

Indoor S'Mores

You'll need:

5 cups miniature
marshmallows
1/3 cup light corn syrup
6 tbs. margarine or butter
1-12 oz. pkg. milk chocolate
chips
1 tsp. vanilla
8 cups Golden Grahams cereal
1 cup miniature marshmallows

1. Melt 5 cups marshmallows, the corn syrup, margarine and chocolate chips. In 3-quart saucepan over **low** heat, stirring constantly; remove from heat. Stir in vanilla. Pour over cereal in large bowl.
2. Mix quickly until completely coated with chocolate. Stir in 1 cup marshmallows.
3. Press mixture evenly in buttered 13X9X2-inch rectangular pan with buttered back of spoon. Let stand at least 1 hour, or refrigerate if a firmer bar is desired. Cut into 2-inch squares. 24 squares

Vegetable Dip

You'll need:

1 tsp. bon appetit
1 tsp. chopped chives
1 tsp. dill weed
1 cup mayonnaise
1 cup IMO

1. Mix all ingredients together. Refrigerate.
2. Serve with cup up vegetables.

Peanut Butter Chews

You'll need:

1/2 cup peanut butter
1/2 cup light corn syrup
2/3 cup powdered sugar
1 cup (or more) dry powdered
milk (do not add water)

1. Mix syrup and peanut butter and gradually add powdered sugar. Stir until smooth.
2. Add dry milk a little at a time, and mix well until mixture is stiff enough to handle.
3. Roll into balls or into a log roll to be cut into pieces. Makes about 30.